

# A. Douglas Spitalny, DPM

(Doctor of Podiatric Medicine)

## Podiatry Clinic

General Leonard Wood Army Community Hospital

Accepting  
New  
Referrals

### Medical Degree:

Des Moines University, Des Moines, Iowa

### Residency:

Fort Benning, Georgia

### Specialty Experience:

Trauma and reconstruction of the foot and ankle

### Office Location:

General Leonard Wood Army Community Hospital

### Reasons to see Dr. Spitalny:

- 23 years of experience in complex foot and ankle problems
- One of the most experienced podiatrists in the Midwest
- Understands the demands associated with military life: 4 years active Army service as a Capt./Maj. Podiatrist, 10 years Army Reserve, 15 years civilian service



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### Why did you choose to be a Podiatrist?

Dr. Spitalny: "I actually wanted to be an Orthopedic Surgeon from the time I was like nine. But when I broke my ankle at 11, that kind of sealed the deal. I had no interest in elbows or shoulders or hands. All I wanted to do was, you know, ankles."

### Why did you choose to practice here at Fort Leonard Wood?

Dr. Spitalny: "Working for a private practice in Minnesota that was going bankrupt turned out to be a blessing when I heard about an opening here five years ago. I called my long-time colleague, Lt. Col. Jacqueline Chen, Chief of Podiatry here, and was offered the job."

"At Bragg, I had been doing 600 cases per year. Here I'm doing close to 350 and I get to mentor Podiatry residents from Saint Louis each week. I also lecture, nationally, and do workshops all the time."

"In private practice, I really missed working with Soldiers, Family members and retirees. Their willingness to want to get better is phenomenal and grown from a culture of military pride in performance."

### What was your experience like at Fort Bragg?

Dr. Spitalny: "Ten years at Fort Bragg gave me 20 years of experience in Podiatry. It's a volume thing. Over the years at Fort Bragg, I went from being the sole Podiatrist to building a team of six Podiatrists and starting the Army's Podiatric Residency program. We went from one provider to a total of 12 providers in Podiatry."

### How do you and your wife spend your time off?

Dr. Spitalny: "My wife and I were high school sweethearts and we still do everything together. We like collecting art. Any kind of art. Everything from statues to paintings. Lots of landscapes and animals, lots of deer and lots of bears."

"Ironically, I'm not a hunter. I'm a believer that if you don't want to eat it, you probably shouldn't shoot it—and I don't want to eat it! It's that gamey taste of wild game. If you have to do a lot to it to make it edible—no. No thanks. Not interested."

"We have three cats named Virginia, Sydney and Carolina, I play tennis, and we go to Duke football and basketball games—we're big supporters of Duke Sports. That's about it—we're pretty dull and boring. Nothing flashy about me. No kumbaya hugs. No frills. I just tell it like it is."

